

NOVEMBER 2020

Lexington Estate

at Buchanan County Health Center

1600 1st St. East • Independence, Iowa • (319) 332-0915 • bchealth.org

We Honor... Our Veteran's at Buchanan County Health Center Lexington Estate



Vernon Gudenkauf—
Corporal U.S. Army

1953-1955



Dale Buckman—
Corporal U.S. Army

1950-1954

Veteran Happy Hour Virtual Program

We will honor our veterans and spouses of veterans on Wednesday, November 11th with a special happy hour.

Veteran Program, snacks, drinks, and tattoos!

Because every veteran needs a patriotic tattoo!

VETERANS DAY

By Cheryl Dyson

On Veterans Day we honor all,
Who answered to a service call.
Soldiers young, and soldiers old,
Fought for freedom, brave and bold.
Some have lived, while others died,
And all of them deserve our pride.
We're proud of all the soldiers who,
Kept thinking of red, white and blue.
They fought for us and all our rights,
They fought through many days and nights.
And though we may not know each name,
We thank **ALL** veterans just the same.



© www.jbanzer.com

Taste of Home



- **Prep Time:** 15 mins

Ingredients

- 1/4 cup light brown sugar, packed
- 1/2 cup white sugar
- 1 teaspoon salt
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 1 teaspoon nutmeg
- 1 tablespoon pure vanilla extract
- 2 large eggs
- 1 (15 ounce) cans Libby's canned pumpkin
- 1 (12 fluid ounce) cans Carnation Evaporated Milk
- 1 unbaked 9-inch deep dish pie pastry (4 cup volume)

Directions

1. Mix sugars, salt and spices in a large bowl.
2. Beat eggs in small bowl and pour into sugar/spice mixture.
3. Empty can of pumpkin into sugar/spice mixture.
4. Mix everything with a wooden spoon or a wire whip, use a rubber spatula to incorporate all ingredients . Add evaporated milk gradually and continue stirring.

Pour into pie shell.

Bake in preheated oven at 425 degrees F. for 15 minutes. Reduce temperature to 350 degrees F. and bake for an additional 40-45 minutes, or until toothpick inserted in center comes out clean.

About This Pumpkin Pie Recipe

"A traditional pumpkin pie recipe with kicked up flavor. It is similar to the recipe on the Libby's Pumpkin can, with the addition of extra spices, some brown sugar, and vanilla extract to make it extra flavorful."

November Birthdays

- Marie Antoinette (queen) – Nov. 2, 1755
- Art Carney (actor) – Nov. 4, 1918
- John Philip Sousa (conductor) – Nov. 6, 1854
- Petula Clark (singer) – Nov. 15, 1932
- Mickey Mouse (cartoon) – Nov. 18, 1928

Happy Birthday to Our Own Celebrities!

- Mavis Armstrong Nov. 2
- Nancy Tyler Nov. 3
- Vernon Gudenkauf Nov. 8
- Ron Kaiser Nov.23



Welcome to the Neighborhood

Janice Arnold, Merlin Hermsen, Petronilla Yarrington

Thanksgiving Holiday

Residents will enjoy a full Thanksgiving Dinner on Thursday, November 26th @ noon.

All residents who go out with family will be quarantined upon return for 14 days.

Chat room visits will be open the week of Thanksgiving :

Monday 9am-12:45pm

Tuesday 1:30pm-6pm

Wednesday 9am-12:45

Thursday 10am-3pm

Friday 11am-2:45

Saturday 10am-4pm



T'was the night before Thanksgiving Poem



T'was the night before Thanksgiving and in my sleep,
Strange dreams in my mind, began to creep

Thanksgiving leftovers beckoned — The dark meat and white,
But I fought the temptation with all of my might.

Tossing and turning with anticipation.....
The thought of a snack became infatuation.....

So to the kitchen I did race, Flung open the door,
And gazed at the fridge full of goodies galore
I gobbled up turkey and buttered potatoes,
Pickles and carrots, beans and tomatoes.

I felt myself swelling so plump and so round,
Till all of a sudden, I rose off the ground!

I crashed through the ceiling. Floating into the sky....
With a mouthful of pudding and a handful of pie,
But I managed to yell as I soared past the trees.
Happy Eating to all and save some left overs for me!



Buchanan County Health
Center Lexington Estate
cordially invites you to make a
reservation for a
Chat Room Visit

Cookies & Coffee



*Saturdays
In December!*

Make your online Reservations at

BCHC website <https://bchealth.org/>

- Open the Senior Living Tab
- Choose Long Term Care
- Choose Indoor Visits
- Follow the prompts after choosing
a blue highlighted date:
- Choose a day
- Choose a time press
(Click confirm), scroll down &
- Complete all boxes- Name, E-Mail
address, phone#, who will be
visiting.
- Click schedule visit



Covid, Colds, and the Flu ...

**Do the right thing!
Stay Home until you
are better !**

If you are feeling under the weather we would ask that you please stay home. Do not visit in the chat room.

Likewise, if we are experiencing widespread illness we may restrict visits in the chat room.

We are encouraging that 100% of our employees will receive their flu vaccine. All residents who are able and consented have also received their vaccination.

If we all do our part we will stay happy and healthy this winter.

Remember hand washing is the best defense against infectious diseases! Wear a mask and social distance!

In Loving Memory



Mary Ann Althaus
October 21, 1937– October 15, 2020

Holiday Reminders Resident Gifts

Elves will deliver a gift (with resident's name) from you during your chat room visit.

Santa will be making weekly visits to Lexington if you have a small treat for your resident let us know ...Santa will deliver!





When Covid causes a storm we make a rainbow!

Lexington Estate

1600 First Street East

Independence, IA 50644

Office: (319) 332-0995

Email: adecker@bchealth.org

October 30, 2020

To our Family Members and Friends,

Long-term care facilities continue to be dramatically impacted by COVID-19. 165 of Iowa's 432 long-term care facilities have had a confirmed COVID-19 outbreak. COVID-19 has had a disproportionate impact to long-term care residents due to their congregate nature and often elder population who are at increased risk of contracting and being impacted by this virus. As such, the long-term care restrictions that have been put in place by regulatory agencies continue to be necessary to protect our residents.

We have been testing all staff for COVID-19 each week effective September 29th. We have had a total of one employee test positive, which was already announced in August. No residents have tested positive.

To decrease the risk of a COVID-19 outbreak, we have continued our mitigation measures. We are making some changes though due to the length of time we will be dealing with COVID-19. We will be increasing therapy services and welcomed the return of the beautician in early October. In addition, we increased the number of residents attending communal dining and activities. While residents are spread out for dining, for further protection we added plexi-glass guards at each table.

With the holidays approaching, I know you are wondering how the restrictions at Lexington Estate will impact your loved ones. We will be expanding our visitor booth hours for the week of Thanksgiving to include Wednesday 9:00A to 12:45P, Thursday 10:00A to 3:00P, and Saturday 10:00A to 4:00P. We are also evaluating additional hours each weekend. Please contact Dianne Hepke, Activities Coordinator, with any questions or requests for special accommodations at (319) 332-0914. In addition, Dan McElroy will be offering counseling services to residents. Dan is a licensed social worker and provides counseling services for Buchanan County Health Center.

Although we understand that not being with your loved one during the holidays is especially difficult, we strongly discourage anyone from taking their loved one out of the facility. Each time a resident leaves their risk of contracting COVID-19 significantly increases, which may spread to other residents. In the event a resident does leave they will need to be quarantined for 14 days. In the event several residents leave, we will need to make room changes to cohort those residents.

We understand that this is a very difficult time. Our activities and other team members are working to find additional ways to decrease the impact of restrictions, especially throughout the holidays. In late November we will review any potential changes for Christmas.

We appreciate your continued support to keep all residents of Lexington Estate safe. Please reach out to myself or another team member if you have any questions or concerns.


Sincerely,



Angel Decker, BSN, RN

Executive Director of Senior Operations

NOVEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																		
1 Daylight Saving	2 9:30 Sing & Swing 10:00 Bus Ride 1:30 Record Spin Listening to Old Vinyl Albums Happy Birthday Mavis	3 9:30 Sing & Swing 10:00 Cookies & Coffee 1:30 Giant Crossword Happy Birthday Nancy	4 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour Warm Applecrisp	5 9:00 Manicures 10:30 Reader's Circle 1:30 Church 2:15 Balloon Volleyball	6 9:30 Sing & Swing 10:00-11:30 1:1s 2:00 Orange Cranberry Bread Hot Cider	7																																																																																																		
8 Happy Birthday Vernon	9 9:30 Sing & Swing 10:00 Bus Ride 1:30 Road Trip New Mexico Vermont, Michigan 2:00 Bus Ride	10 9:30 Sing & Swing 10:00 Cookies & Coffee 11:30 Take Out Tuesday 1:30 Famous Veteran's Who am I Game	11 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour Cheese & Crackers Veterans Day	12 9:00 Manicures 10:30 Reader's Circle 1:30 Church 2:15 Crafting	13 9:30 Sing & Swing 10:00-11:30 1:1s 2:00 Frosted Graham Crackers Hot Chocolate	14																																																																																																		
15	16 9:30 Sing & Swing 10:00 Bus Ride 1:30 Road Trip Texas 2:00 Bus Ride	17 9:30 Sing & Swing 10:00 Cookies & Coffee 1:30 Twister Bag Toss	18 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour Birthday Cake & Ice Cream	19 9:00 Manicures 10:30 Reader's Circle 1:30 Church 2:15 Pie Judging and Pie & Coffee	20 9:30 Sing & Swing 10:00-11:30 1:1s 2:00 Trivia Time and Prizes	21																																																																																																		
22	23 9:30 Sing & Swing 10:00 Bus Ride 1:30 Road Trip Maine 2:00 Bus Ride Happy Birthday Ron	24 9:30 Sing & Swing 10:00 Cookies & Coffee 1:30 Wishbone Toss	25 9:30 Sing & Swing 11:30 What's in the News 1:30 Bingo 3:00 Happy Hour Personal Pumpkin Pies	26 Thanksgiving	27 9:30 Sing & Swing 10:00-11:30 1:1s 2:00 Banana Bread Hot Teas	28																																																																																																		
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<p style="text-align: center;">Calendar is subject to change Indoor Visits must schedule online appointment Bus Rides are weather permitting masks, limited seating</p>																																																																																																								